



Vellai Thamarai France

Association éducative, sociale et culturelle
Organisme d'Intérêt Général

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Yoga workshops at Gretz with Selvi Sarkar in 2026

15th to 17th of May, 12th to 14th of September and 9th to 11th of October

Vellai Thamarai France proposes for 2026, 3 training courses of 3 days each in May with Units 1 and 2, in September with Unit 3. These workshops are aimed at those who wish to finish the yoga teacher's training. They are as well open to all. The number of participants is limited to 20 trainees.

These workshops are organized to the benefit of Vellai Thamarai School, founded for children of villages living at 15km South of Pondicherry.

Courses are held at Centre Védantique Ramakrishna, 64 boulevard Victor Hugo, Gretz Armainvilliers, France (Seine et Marne, 31 km from Paris, reachable by RER E).

It is mandatory to stay and take meals at the Centre. Full board is 70 € per day. It is advised to arrive on the evening before the first day of a course, for dinner at 7.30 pm. Gates of the Centre close at 9.30 pm.

Rooms have 2 or 3 beds; sheets and towels are provided. The ashram is a non-smoking area. Mats and cushions are at disposal but, for sanitary reasons, it is recommended that participants bring their own.

The Centre Védantique is an ashram, that is a spiritual community with these living conditions:

- meals are vegetarian, taken together at precise times, 8.00 am, 12.00 noon and 7.30 pm,
- daily tasks are done voluntarily by the residents of the Centre (peeling vegetables, washing dishes, cleaning the room and practice hall). This is known as SEVA in all ashrams.

The programme is presented page 2. The schedule is as follows:

06.00 am - 07.45am	Practice
08.00 am - 09.00 am	Breakfast, Seva
09.00 am - 11.45 am	Conference – Teaching
12.00 pm - 01.00 pm	Lunch, Seva
01.00 pm - 04.30 pm	Teaching
05.00 pm - 06.30 pm	Teaching, Pranayama
07.30 pm - 08.30 pm	Dinner, Seva

Detailed programme

Common to all workshops: meditation, warming-up, *kriya*, *sûrya namaskar*, *asana*, *pranayama*, relaxation

Workshop 1 – How to overcome tiredness and stress

Friday 15th to Sunday 17th of May 2026 – Speakers: Selvi Sarkar, Galith, lecturer to be confirmed

The nervous system pathologies
Overcome neck and limb joints problems
Strengthen the hips to prevent falling
Overcome tiredness, stress, insomnia and headaches
Learn to relax by oneself

Presentation and discussion on Samkhya philosophy, the oldest philosophical system

Workshop 2 – How to relieve backache

Friday 12th to Sunday 14th of September 2026 – Speakers: Selvi Sarkar, Galith

The spine pathologies
Overcome back problems
The axes of the body, how to stand for not having pain
Arch poses and counter poses, adaptation for hyper lax persons
Develop balance to avoid falls, prevent sarcopenia

Presentation and discussion on different yoga paths: Hatha yoga, Raja yoga, Jnana yoga, Bhakti yoga, Karma yoga

Workshop 3 – How to improve the functioning of the digestive system

Friday 9th to Sunday 11th of October 2026 – Speakers: Selvi Sarkar, Galith, Marie-Pierre de Joux

Digestive and urinary systems pathologies
Overcome digestion, enuresis and prolapse problems
A healthy personal diet
Different abdominal exercises
Reverse poses and counter poses

Presentation and discussion on the Yogasûtra de Patanjali, the foundational text of Raja yoga

The training is delivered by Selvi Sarkar and, for a number of practices, with the contribution of teachers trained by Ajit and Selvi Sarkar.